

## Hungry Caterpillar Preschool Party!



Inch on over for some fun, it's time to party with the hungry caterpillar! There will be songs, games, crafts, and lots of snacks. Crawl in for some adventure in this caterpillar party! Don't worry, your little caterpillar won't leave hungry! Parent participation is required for this program.

Instructor: City Staff

Fee: \$10 per person – Resident  
\$15 per person – Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4563 2-5 yrs Nov 7 Fri 10:00-11:00 am**

## Dumbo's Circus Preschool Party!

Come one, come all. . . Step right up and have a ball! Join us as the Circus comes to Lake Forest! All the little preschoolers will go on an adventure as we fly to the circus with our favorite elephant – Dumbo! There will be songs, crafts, games, and a yummy snack. Parent participation is required for this program.

Instructor: City Staff

Fee: \$10 per person – Resident  
\$15 per person – Non-Resident

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4564 2-5 yrs Nov 21 Fri 10:00-11:00 am**

## Youth

### Zumbini™

Designed to let mom, dad or caregiver and your little one(s) 0 to 3 years old wiggle, sing and learn together. The Zumbini™ program is where the science of child development, movement, instrument play, world rhythms and catchy kid-friendly tunes meets the magic of Zumba® in the ultimate bonding experience! Zumbini™ happens in 8 week sessions. Free demo class is September 9th, please RSVP to raelyn@oczumbafitness.com as space is limited!

Instructor: Raelyn Brachmann

Fee: \$115 per Parent and Child Couple – Resident  
\$120 per Parent and Child Couple – Non-Resident  
(8-week session)

Materials Fee: A required \$35 fee which includes a brand new Zumbini™ Bundle containing a songbook and two copies of the class music on CD, so you can take the class experience wherever you go! This is due to the instructor during the first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4702 6 mos-3 yrs Sep 16-Nov 4 Tue 10:00-10:45 am**

## Music Together



Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 5 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun. Free demo class on Monday, September 8 at 4:30 pm & Friday, September 12th at 10:30 am, please RSVP 350-0985.

Instructor: Elena Salisbury

Fee: \$145 per person – Resident  
\$150 per person – Non-Resident

(10-week session) Babies under the age of 8 months free with registered sibling.

Materials Fee: A \$40 fee payable to Music Moves is required at first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4535 9 mos-5 yrs Sep 15-Nov 17 Mon 4:30-5:15 pm**

**Act#: 4536 9 mos-5 yrs Sep 19-Nov 21 Fri 10:30 -11:15 am**

## Parent & Tot Swim Lessons at SwimLabs

Parent and child will work together to develop skills crucial for learning to swim. Swimmers will learn to safely enter and exit the pool, blow bubbles through the mouth and nose, float on their backs, and go under the water.

Instructor: SwimLabs Staff

\*Fee: \$80 per person – Resident  
\$85 per person – Non-resident  
(4-week sessions)

\*Additional one-time \$30 registration fee due at first session

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 4663</b>	<b>1-3 yrs</b>	<b>Sep 6-27</b>	<b>Sat</b>	<b>9:00-9:30 am</b>
<b>Act#: 4664</b>	<b>1-3 yrs</b>	<b>Sep 7-28</b>	<b>Sun</b>	<b>9:00-9:30 am</b>
<b>Act#: 4665</b>	<b>1-3 yrs</b>	<b>Sep 8-29</b>	<b>Mon</b>	<b>9:00-9:30 am</b>
<b>Act#: 4666</b>	<b>1-3 yrs</b>	<b>Sep 10-Oct 1</b>	<b>Wed</b>	<b>9:00-9:30 am</b>
<b>Act#: 4667</b>	<b>1-3 yrs</b>	<b>Sep 12-Oct 3</b>	<b>Fri</b>	<b>9:00-9:30 am</b>
<b>Act#: 4668</b>	<b>1-3 yrs</b>	<b>Oct 4-25</b>	<b>Sat</b>	<b>9:00-9:30 am</b>
<b>Act#: 4669</b>	<b>1-3 yrs</b>	<b>Oct 5-26</b>	<b>Sun</b>	<b>9:00-9:30 am</b>
<b>Act#: 4670</b>	<b>1-3 yrs</b>	<b>Oct 6-27</b>	<b>Mon</b>	<b>9:00-9:30 am</b>
<b>Act#: 4671</b>	<b>1-3 yrs</b>	<b>Oct 8-29</b>	<b>Wed</b>	<b>9:00-9:30 am</b>
<b>Act#: 4672</b>	<b>1-3 yrs</b>	<b>Oct 10-31</b>	<b>Fri</b>	<b>9:00-9:30 am</b>
<b>Act#: 4673</b>	<b>1-3 yrs</b>	<b>Nov 1-22</b>	<b>Sat</b>	<b>9:00-9:30 am</b>
<b>Act#: 4674</b>	<b>1-3 yrs</b>	<b>Nov 2-23</b>	<b>Sun</b>	<b>9:00-9:30 am</b>
<b>Act#: 4675</b>	<b>1-3 yrs</b>	<b>Nov 3-24</b>	<b>Mon</b>	<b>9:00-9:30 am</b>
<b>Act#: 4676</b>	<b>1-3 yrs</b>	<b>Nov 5-26</b>	<b>Wed</b>	<b>9:00-9:30 am</b>
<b>Act#: 4677</b>	<b>1-3 yrs</b>	<b>Nov 7-28</b>	<b>Fri</b>	<b>9:00-9:30 am</b>



## Pee Wee Gymnastics

This is an introduction to gymnastics for 1 to 6 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with our 30 foot long trampoline. Participants will increase confidence and coordination along with developing listening skills, taking turns, and following coaching instructions. Most importantly, everyone will have fun! FREE open play when you are signed up in a gymnastics class. Open play is every Thursday 1:00-2:00 pm.

Instructor: Us Too Center Staff

Fee: \$45 per person – Resident  
\$50 per person – Non-Resident  
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4538	1-2 yrs*	Sep 8-29	Mon	10:00-10:45 am
Act#: 4539	1-2 yrs*	Oct 6-27	Mon	10:00-10:45 am
Act#: 4540	1-2 yrs*	Nov 3-24	Mon	10:00-10:45 am
Act#: 4541	3-4 yrs	Sep 8-29	Mon	11:00-11:45 am
Act#: 4542	3-4 yrs	Oct 6-27	Mon	11:00-11:45 am
Act#: 4543	3-4 yrs	Nov 3-24	Mon	11:00-11:45 am
Act#: 4544	3-4 yrs	Sep 3-24	Wed	12:00-12:45 pm
Act#: 4545	3-4 yrs	Sep 3-24	Wed	2:00-2:45 pm
Act#: 4546	3-4 yrs	Oct 1-22	Wed	12:00-12:45 pm
Act#: 4547	3-4 yrs	Oct 1-22	Wed	2:00-2:45 pm
Act#: 4548	3-4 yrs	Oct 29-Nov 19	Wed	12:00-12:45 pm
Act#: 4549	3-4 yrs	Oct 29-Nov 19	Wed	2:00-2:45 pm
Act#: 4550	4-6 yrs	Sep 4-25	Thu	2:00-2:45 pm
Act#: 4551	4-6 yrs	Oct 2-23	Thu	2:00-2:45 pm
Act#: 4552	4-6 yrs	Oct 30-Nov 20	Thu	2:00-2:45 pm
Act#: 4553	5-7 yrs	Sep 8-29	Mon	5:00-5:45 pm
Act#: 4554	5-7 yrs	Oct 6-27	Mon	5:00-5:45 pm
Act#: 4555	5-7 yrs	Nov 3-24	Mon	5:00-5:45 pm

\* Mommy & Me classes: parent participation required

## Intro to Movement & Dance

Play, learn, cultivate movement, socialization, motor and listening skills while getting the wiggles out in this imaginative class. Children and parents participate in creative movement activities that include various props, pretend play through dance, move to nursery songs and dance with parachutes and bubbles. Class promotes listening, directional and motor skills as well as musicality and rhythm. Suitable for both boys and girls. Parent participation required. \*Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for more information.

Instructor: OC Dance Productions staff

Fee: \$74 per Parent and Child Couple – Resident  
\$79 per Parent and Child Couple – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4567	1½-3 yrs	Sep 15-Oct 20	Mon	9:00-9:45 am
Act#: 4568	1½-3 yrs	Oct 27-Dec 1	Mon	9:00-9:45 am

## Parent & Me Princess Ballet & Creative Movement

Your little princess will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology fairy tale imagery. Participants will also improve motor, directional and listening skills while engaging in creative movement with bubbles, parachutes, magic wands and more. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Ballet shoes required. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions Staff

Fee: \$74 per Parent and Child Couple – Resident  
\$79 per Parent and Child Couple – Non-Resident  
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4569	1½-3 yrs	Sep 15-Oct 20	Mon	11:00-11:45 am
Act#: 4570	1½-3 yrs	Oct 27-Dec 1	Mon	11:00-11:45 am

## Do, Re, Mi Piano & Music

This music and piano class encourages child development through the beauty of music. Children will experience the sounds and rhythms of music through instrument play, piano/ keyboard fingering, playing simple tunes, singing do, re, mi music notation and songs, rhythm and melodic patterns, props, puppets and creative movement.

Instructor: Sophi Albert

Fee: \$105 per person – Resident  
\$110 per person – Non-Resident  
(6-week session)

Materials Fee: An additional material fee of \$15 due to instructor on first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4640	2-4 yrs	Sep 2-30	Tue	9:30-10:15 am
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## Want more info on how to register for programs online?



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

[online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline)

## TriFyft Sports: Biddy Soccer League

Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing, and teamwork. The Biddy Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirt and medal. The 1st week will be practice and team assignments and the remainder of the weeks will be games!

Instructor: TriFyft Sports Staff

Fee: \$79 per participant – Resident  
\$84 per participant – Non-Resident  
(6-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4582	2-3 yrs	Oct 4-Nov 8	Sat	11:30 am-12:00 pm
Act#: 4583	3-5 yrs	Oct 4-Nov 8	Sat	12:00-12:45 pm



## TriFyft Sports: Parent and Me Multi-Sport

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$85 per participant – Resident  
\$90 per participant – Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4584	2-3 yrs	Sep 20-Nov 8	Sat	10:00-10:30 am
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## TriFyft Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFyft Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFyft Sports Staff

Fee: \$65 per Parent and Child couple – Resident  
\$70 per Parent and Child couple – Non-Resident  
(6-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4581	2-3 yrs	Sep 19-Oct 24	Fri	3:30-4:00 pm
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## TriFyft Sports: Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$65 per participant – Resident  
\$70 per participant – Non-Resident  
(6-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4585	2-3 yrs	Sep 23-Oct 28	Tue	4:30-5:00 pm
Act#: 4586	3-5 yrs	Sep 23-Oct 28	Tue	5:00-5:45 pm



## TriFyft Sports: Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$65 per participant – Resident  
\$70 per participant – Non-Resident  
(6-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4587	3-4 yrs	Sep 19-Oct 24	Fri	4:00-4:45 pm
Act#: 4588	5-6 yrs	Sep 19-Oct 24	Fri	5:00-5:45 pm



## TriFyft Sports: Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$85 per participant – Resident  
\$90 per participant – Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4589	3-5 yrs	Sep 20-Nov 8	Sat	9:00-9:45 am
Act#: 4590	5-7 yrs	Sep 20-Nov 8	Sat	10:30-11:15 am





## Learn to Swim at SwimLabs

These weekly group swim lessons are designed to get your child swim ready!

Instructor: SwimLabs Staff

\*Fee: \$80 per person – Resident  
\$85 per person – Non-Resident  
(30-minute lesson)

\*Additional one-time \$30 registration fee due at first session

Location: SwimLabs (20918 Bake Pkwy., Suite 100)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4678	3-5 yrs	Sep 6-27	Sat	10:30-11:00 am
Act#: 4679	3-5 yrs	Sep 7-28	Sun	10:30-11:00 am
Act#: 4680	3-5 yrs	Sep 8-29	Mon	12:00-12:30 pm
Act#: 4681	3-5 yrs	Sep 10-Oct 1	Wed	12:00-12:30 pm
Act#: 4682	3-5 yrs	Sep 12-Oct 3	Fri	12:00-12:30 pm
Act#: 4683	6-10 yrs	Sep 8-29	Mon	5:00-5:30 pm
Act#: 4684	6-10 yrs	Sep 10-Oct 1	Wed	5:00-5:30 pm
Act#: 4685	6-10 yrs	Sep 12-Oct 3	Fri	5:00-5:30 pm
Act#: 4686	3-5 yrs	Oct 4-25	Sat	10:30-11:00 am
Act#: 4687	3-5 yrs	Oct 5-26	Sun	10:30-11:00 am
Act#: 4688	3-5 yrs	Oct 6-27	Mon	12:00-12:30 pm
Act#: 4689	3-5 yrs	Oct 8-29	Wed	12:00-12:30 pm
Act#: 4690	3-5 yrs	Oct 10-31	Fri	12:00-12:30 pm
Act#: 4691	6-10 yrs	Oct 6-27	Mon	5:00-5:30 pm
Act#: 4692	6-10 yrs	Oct 8-29	Wed	5:00-5:30 pm
Act#: 4693	6-10 yrs	Oct 10-30	Fri	5:00-5:30 pm
Act#: 4694	3-5 yrs	Nov 1-22	Sat	10:30-11:00 am
Act#: 4695	3-5 yrs	Nov 2-23	Sun	10:30-11:00 am
Act#: 4696	3-5 yrs	Nov 3-24	Mon	12:00-12:30 pm
Act#: 4697	3-5 yrs	Nov 5-26	Wed	12:00-12:30 pm
Act#: 4698	3-5 yrs	Nov 7-28	Fri	12:00-12:30 pm
Act#: 4699	6-10 yrs	Nov 3-24	Mon	5:00-5:30 pm
Act#: 4700	6-10 yrs	Nov 5-26	Wed	5:00-5:30 pm
Act#: 4701	6-10 yrs	Nov 7-28	Fri	5:00-5:30 pm

## Princess Ballet & Creative Movement

This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Ballet shoes required. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$74 per person – Resident  
\$79 per person – Non-Resident  
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4571	3-5 yrs	Sep 15-Oct 20	Mon	10:00-10:45 am
Act#: 4572	3-5 yrs	Oct 27-Dec 1	Mon	10:00-10:45 am

## Story Time Theatre



Children will delight as they take a magical journey to fairyland where they will listen to and act out their favorite magical fairytale characters. Stories will be animated with puppets, flannel boards, singing, dancing, movement and more. The fun continues as the children are guided to become the characters and retell the story using dramatic play, improvisation, props and their imagination! Each child will be given the opportunity to share their dramatic flair and bring alive favorite story time characters while learning and being introduced to setting, characters, plot, and resolution, all elements to familiarize children with basic story structure. Parents must be present but participation is optional.

Instructor: Hillary Gerber

Fee: \$84 per person – Resident  
\$89 per person – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4642	3-5 yrs	Sept 10-Oct 15	Wed	10:00 -11:00 am
Act#: 4643	3-5 yrs	Oct 29-Dec 3	Wed	10:00-11:00 am

## Pre-Glee

Introduce your child to a world of music through our exciting singing class. Your child will learn music basics such as rhythm, notes, and dynamics through singing, dancing, and musical instruments. This four-week singing class will finish with a mini-recital, where your little one can feel what it is like to sing on a stage.

Instructor: Glee Music Academy Staff

Fee: \$49 per person – Resident  
\$54 per person – Non-Resident  
(4-week sessions)

Location: Glee Music Academy (25 South Pointe Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 4654	4-6 yrs	Sep 8-29	Mon	3:30-4:15 pm
Act#: 4655	4-6 yrs	Oct 6-27	Mon	3:30-4:15 pm
Act#: 4656	4-6 yrs	Nov 3-Dec 1*	Mon	3:30-4:15 pm
Act#: 4657	4-6 yrs	Sep 11-Oct 2	Thu	3:30-4:15 pm
Act#: 4658	4-6 yrs	Oct 9-30	Thu	3:30-4:15 pm
Act#: 4659	4-6 yrs	Nov 6-Dec 4**	Thu	3:30-4:15 pm

\*No class 11/10

\*\*No class 11/27

## Age Minimum And Maximum

When registering for programs online, if your child is under the minimum or over the maximum age for a particular program, you will not be able to register them. In some cases, an instructor will allow those interested in participating who are close to the age minimum and maximum to register. However, this is at the discretion of the instructor and we cannot guarantee registration will be permitted. Call us at (949) 461-3450 during normal business hours if you want to discuss adding your child to a class.



## Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant – Non-Resident  
(8-week session)

Materials Fee: A \$10 T-shirt fee (uniform) payable to the instructor first day of class.

Location: Monday classes – Pittsford Park (21701 Pittsford Dr)  
Wednesday classes – Foothill Ranch  
Community Park (19422 Rue De Valore)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4573	3-5 yrs	Sep 29-Nov 17	Mon	3:30-4:30 pm
Act#: 4574	6-7 yrs	Sep 29-Nov 17	Mon	4:30-5:30 pm
Act#: 4575	8-12 yrs	Sep 29-Nov 17	Mon	5:30-6:30 pm
Act#: 4576	3-5 yrs	Oct 1-Nov 19	Wed	3:30-4:30 pm
Act#: 4577	6-7 yrs	Oct 1-Nov 19	Wed	4:30-5:30 pm
Act#: 4578	8-12 yrs	Oct 1-Nov 19	Wed	5:30-6:30 pm

## Art Explorations

In this beginning art class, students will combine fun drawing exercises and creative painting projects to build skills in young artists. The different elements of art will be introduced through a variety of media such as acrylics on canvas, pastels, charcoal, watercolors, and more. Emphasis is placed on techniques as students explore the work of famous artists and create their own. All materials and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$71 per person – Resident  
\$76 per person – Non-Resident  
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4594	6-12 yrs	Sep 17-Oct 15	Wed	4:30-5:45 pm
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## Youth Gymnastics

This is an introduction to gymnastics for 6-12 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with a 30 foot long trampoline. Participants will learn cartwheels, round offs, back handsprings and much more. Most of all everyone will have fun!!!! This class also includes **FREE open play** for anyone signed up in our gymnastics program. Open play is every Thursday 1-2 pm.

Instructor: Us Too Center Staff

Fee: \$45 per person – Resident  
\$50 per person – Non-Resident  
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4556	6-9 yrs	Sep 2-23	Tue	5:45-6:30 pm
Act#: 4557	6-9 yrs	Sep 30-Oct 21	Tue	5:45-6:30 pm
Act#: 4558	6-9 yrs	Oct 28-Nov 18	Tue	5:45-6:30 pm
Act#: 4559	9-12 yrs	Sep 4-25	Thu	6:30-7:15 pm
Act#: 4560	9-12 yrs	Oct 2-23	Thu	6:30-7:15 pm
Act#: 4561	9-12 yrs	Oct 30-Nov 20	Thu	6:30-7:15 pm

## Zumba® Kids

Boys and Girls will keep active with the Zumba® Kids program. It is the ultimate dance-fitness party for young Zumba fans ages 7-12, where you can play it loud and rock with friends to your own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Our certified instructor will teach you Hip Hop, Salsa, Reggaton, and other crazy-cool Dance-Fitness moves. Free demo class is September 23rd, please RSVP to raelyn@oczumbafitness.com as space is limited!

Instructor: Raelyn Brachmann

Fee: \$45 per person – Resident  
\$50 per person – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4703	7-12 yrs	Sep 30-Nov 4	Tue	4:00-5:00 pm
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# Fall Registration Dates:

Tuesday, August 12 (Lake Forest Residents)

Tuesday, August 19 (Non-Residents)

## Beginners Afternoon Knitting Club



"Not Your Grandmother's Knitting" for kids. Learn to knit, cast on, do a couple of different stitches and cast off. Make a fun and funky hat, bag, animal, wrist band or your own amazing creation! We know that knitting connects synapses in the brain [knitting helps make you smart!], but who cares about that when you are having FUN! Instructor is London trained and has thirty years of teaching experience.

Instructor: Elisabeth Clark

Fee: \$85 per person – Resident  
\$90 per person – Non-Resident  
(8-week class)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4641 7-12 yrs Sep 13-Nov 1 Sat 1:00 -2:30 pm**

## Glee Girls

Glee Girls sing in 2-part harmony with piano accompaniment. Teaching harmony at this young age will develop their ear and give them confidence in reading music. By using popular music as our repertoire, we make the Glee experience educational without participants even realizing how much they are learning.

Instructor: Glee Music Academy Staff

Fee: \$49 per person – Resident  
\$54 per person – Non-Resident  
(4-week sessions)

Location: Glee Music Academy (25 South Pointe Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4660 7- 12 yrs Sep 8-29 Mon 4:30-5:15 pm**

**Act#: 4661 7- 12 yrs Oct 6-27 Mon 4:30-5:15 pm**

**Act#: 4662 7- 12 yrs Nov 3-Dec 1\* Mon 4:30-5:15 pm**

**\*No class 11/10**

## Culinary Kids

Culinary Kids is an appetizing adventure where children create healthy meals to share with family and friends. From the oven to your tummy, chefs will be inspired to cook, create, and experiment in the kitchen. Come mash, mix, and mingle in the kitchen and make lots of zesty new friends in the process.

Instructor: Bonnie Bachelor

Fee: \$120 per person – Resident  
\$125 per person – Non-Resident  
(6-week session)

Material Fee: An additional \$36 materials fee is due to instructor during the first class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4591 3-5 yrs Sep 16-Oct 21 Tue 10:00-11:00 am**

## Young Creators: Fun with Video Game Design



Learn how to create and design a unique and interactive video game with Freshi Game Design! Beginning Game Developers work in pairs to conceive, design and build their own original computer game. Everything created for their game is original to the team—the characters, the action, the background, the music and the format. Students use creative and critical thinking to complete their games and build teamwork skills working in partners.

Instructor: Freshi Media Staff

Fee: \$110 per person – Resident  
\$115 per person – Non-Resident (8-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4593 7-13 yrs Sep 23-Nov 18\* Tue 3:30-4:45 pm**

**\*No class on 11/11**

## Tech Builders: App Design

The Freshi Media App Design class is a fun and exciting introduction for students who want to learn different aspects of computer based App Design. Utilizing Multimedia Fusion 2 software, students work closely with instructors to create individual computer based apps. Students will complete one app project, which combines fun game based apps and practical utility apps.

Instructor: Freshi Media Staff

Fee: \$110 per person – Resident  
\$115 per person – Non-Resident (8-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4592 7-13 yrs Sep 25-Nov 13 Thu 3:30-4:45 pm**

**Did you know you can register for classes and programs 24/7?**



Our online registration is ready when you are! Whether you are an early bird or a night owl,



you can sign up for your favorite classes when it's most convenient for you. Visit [online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline) and you'll be on your way!



## Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$69 per person – Resident  
\$74 per person – Non-Resident  
(3-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4596 10 yrs-Adult Dec 3-17 Wed 5:00-6:00 pm**

## Beginning Ukulele



Learn to play the Ukulele in a friendly and supportive environment. You will learn easy chords, how to read tablature and how to play different strum styles. No previous musical experience required. You must bring your own ukulele to class.

Instructor: Ron Gorman

Fee: \$69 per person – Resident  
\$74 per person – Non-Resident  
(3-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4595 10 yrs-Adult Dec 3-17 Wed 6:00-7:00 pm**

## 10 Million Kids Outdoors



The City of Lake Forest is partnering with the National Recreation and Park Association (NRPA) and the National Wildlife Federation's 10 Million Kids Outdoors Campaign. This three-year initiative seeks a future in which all children spend time outside each day – creating a generation of happier and healthier children with more awareness and connection to the natural world. Get your kids outside this summer...we have so many great ways for your family to enjoy the great outdoors right here in Lake Forest!



## Basic First Aid

This American Safety and Health Institute (ASHI) course meets OSHA requirements and is EMSA-approved for daycare providers. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **Participants should bring a self-addressed stamped envelope.** Please note: This is not a Health Care Provider level course.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free/ Resident  
\$5/Non-Resident

**(Pre-Registration is required for this course and space is limited)**

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4597 10-Adult Nov 8 Sat 3:00-5:00 pm**

## CPR: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course meets the requirements of OSHA and is EMSA approved for daycare providers. This course covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. Participants should bring a self-addressed stamped envelope. Please Note: This is not a Healthcare Provider level course. (Pre-Registration is required for this course and space is limited.)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 per person – Resident  
\$33 per person – Non-Resident  
(one-time workshop)

Material Fee: An additional \$15 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4598 10-Adult Oct 1 Wed 7:00-9:45 pm**  
**Act#: 4599 10-Adult Nov 8 Sat 12:30-3:00 pm**

## Done with this brochure?

Don't throw it away!  
Pass it on to your friends  
and family so they can  
sign up for our great  
Fall programs too!



## Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 per person – Resident  
\$33 per person – Non-Resident  
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4600 10-Adult Nov 8 Sat 10:00 am-5:00 pm**

## Adult

### Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as: technique, footwork and rules of the game. The intermediate class will focus on: stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant – Non-Resident  
(8-week session)

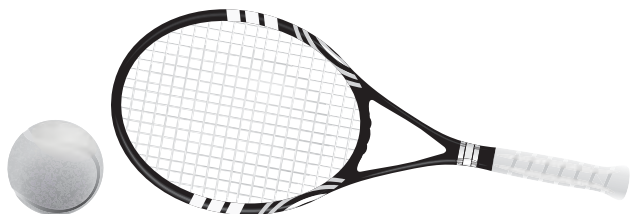
Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 4579 16 yrs & up Oct 4-Nov 22 Beg Sat 9:00-10:00 am**

**Act#: 4580 16 yrs & up Oct 4-Nov 22 Int Sat 10:00-11:00 am**



## Get Golf Ready

Come learn how to take your golf game to the next level from the instructors at the Lake Forest Golf and Practice Center. Whether you're a beginner or just looking to shave a few strokes off of your game, this course will help get you there! Enrollment includes: fundamentals on the full swing, chipping, pitching, sand play, putting and on course instruction. Take advantage of this incredible offer!

Instructor: Lake Forest Golf and Practice Center staff

Fee: \$129 per person – Resident  
\$134 per person – Non-Resident  
(4-week session)

Location: Lake Forest Golf and Practice Center  
(23308 Cherry Ave)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 4601</b>	<b>18 yrs &amp; up</b>	<b>Sep 4-25</b>	<b>Thu</b>	<b>6:00-7:00 pm</b>
<b>Act#: 4602</b>	<b>18 yrs &amp; up</b>	<b>Sep 7-28</b>	<b>Sun</b>	<b>1:00-2:00 pm</b>
<b>Act#: 4603</b>	<b>18 yrs &amp; up</b>	<b>Sep 10-Oct 1</b>	<b>Wed</b>	<b>6:00-7:00 pm</b>
<b>Act#: 4604</b>	<b>18 yrs &amp; up</b>	<b>Sep 13-Oct 4</b>	<b>Sat</b>	<b>12:00-1:00 pm</b>
<b>Act#: 4605</b>	<b>18 yrs &amp; up</b>	<b>Sep 19-Oct 10</b>	<b>Fri</b>	<b>7:00-8:00 pm</b>
<b>Act#: 4606</b>	<b>18 yrs &amp; up</b>	<b>Sep 21-Oct 12</b>	<b>Sun</b>	<b>12:00-1:00 pm</b>
<b>Act#: 4607</b>	<b>18 yrs &amp; up</b>	<b>Oct 2-23</b>	<b>Thu</b>	<b>5:00-6:00 pm</b>
<b>Act#: 4608</b>	<b>18 yrs &amp; up</b>	<b>Oct 5-26</b>	<b>Sun</b>	<b>12:00 -1:00 pm</b>
<b>Act#: 4609</b>	<b>18 yrs &amp; up</b>	<b>Oct 8-29</b>	<b>Wed</b>	<b>7:00-8:00 pm</b>
<b>Act#: 4610</b>	<b>18 yrs &amp; up</b>	<b>Oct 11-Nov 1</b>	<b>Sat</b>	<b>1:00-2:00 pm</b>
<b>Act#: 4611</b>	<b>18 yrs &amp; up</b>	<b>Oct 17-Nov 7</b>	<b>Fri</b>	<b>6:00-7:00 pm</b>
<b>Act#: 4612</b>	<b>18 yrs &amp; up</b>	<b>Oct 19-Nov 9</b>	<b>Sun</b>	<b>1:00-2:00 pm</b>
<b>Act#: 4613</b>	<b>18 yrs &amp; up</b>	<b>Nov 6-27</b>	<b>Thu</b>	<b>6:00-7:00 pm</b>
<b>Act#: 4614</b>	<b>18 yrs &amp; up</b>	<b>Nov 9-30</b>	<b>Sun</b>	<b>1:00-2:00 pm</b>
<b>Act#: 4615</b>	<b>18 yrs &amp; up</b>	<b>Nov 12-Dec 3</b>	<b>Wed</b>	<b>6:00-7:00 pm</b>
<b>Act#: 4616</b>	<b>18 yrs &amp; up</b>	<b>Nov 15-Dec 6</b>	<b>Sat</b>	<b>1:00-2:00 pm</b>
<b>Act#: 4617</b>	<b>18 yrs &amp; up</b>	<b>Nov 18-Dec 9</b>	<b>Tue</b>	<b>7:00-8:00 pm</b>
<b>Act#: 4618</b>	<b>18 yrs &amp; up</b>	<b>Nov 23-Dec 14</b>	<b>Sun</b>	<b>12:00-1:00 pm</b>

## Candlelight Yoga Flow

In this course, participants will be taken through a Vinyasa/Hatha flow within a room full of candles. Students will experience the relaxing and meditative side as well as the strengthening and sometimes challenging side of yoga by candlelight. Bring a mat and stay warm and relaxed during these courses. All skill levels welcome!

Instructor: Devann Sheuerman

Fee: \$72 per person – Resident  
\$77 per person – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 4619</b>	<b>18 &amp; up</b>	<b>Aug 25-Sep 29</b>	<b>Mon</b>	<b>7:30-8:30 pm</b>
<b>Act#: 4620</b>	<b>18 &amp; up</b>	<b>Aug 27-Oct 1</b>	<b>Wed</b>	<b>7:00-8:00 pm</b>
<b>Act#: 4621</b>	<b>18 &amp; up</b>	<b>Oct 6-Nov 10</b>	<b>Mon</b>	<b>7:30-8:30 pm</b>
<b>Act#: 4622</b>	<b>18 &amp; up</b>	<b>Oct 8-Nov 12</b>	<b>Wed</b>	<b>7:00-8:00 pm</b>





# City of Lake Forest • Community Services Division Program Registration Form

If you need more than one registration form, please photocopy.

## PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ ☐ Male ☐ Female  
 Birthday \_\_\_\_\_ (mm/dd/yy) Email \_\_\_\_\_  
 Street Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_  
 Preferred Contact Phone Number ( ) \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Emergency Phone ( ) \_\_\_\_\_

## OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

**Children's birthdates must be filled out completely in order to process registrations.**

Last Name	First Name	Birthday	Sex
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
<b>Please send a separate check for each activity</b>					<b>Total Activity Fees</b>



**If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.**

**REFUND POLICY** In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

## PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury. ☐ Yes ☐ No  
 I further agree to pay any and all costs incurred as a result of said treatment.

I permit the use of activity/event photography and/or video of my child or myself for media promotion. ☐ Yes ☐ No  
 Please contact me via email regarding upcoming city events and news at: \_\_\_\_\_ ☐ Yes ☐ No

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

**I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.**

Date \_\_\_\_\_

(Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**  
**ATTN: Program Registration**  
**25550 Commercentre Drive, Suite 100**  
**Lake Forest, CA 92630**

Questions on  
Registration?  
Call 461-3450



**Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.**

Office Use Only    Receipt# \_\_\_\_\_    Paid by Check# \_\_\_\_\_    Paid by Cash Amount \_\_\_\_\_    Initial/ Date \_\_\_\_\_    Conf \_\_\_\_\_

**Credit Card Payments are not accepted at City Hall**